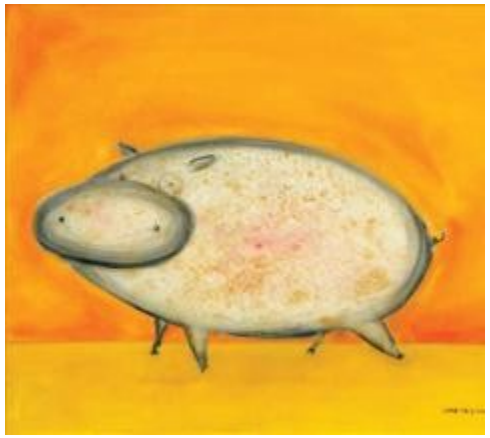


Military OneSource

Access to confidential resource and referral support for service members and their families with the goal of improving the quality of their lives and the effectiveness of the military community

Serving Active Duty, Guard, Reserve and Their Families

General Eligibility

- Active Duty, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

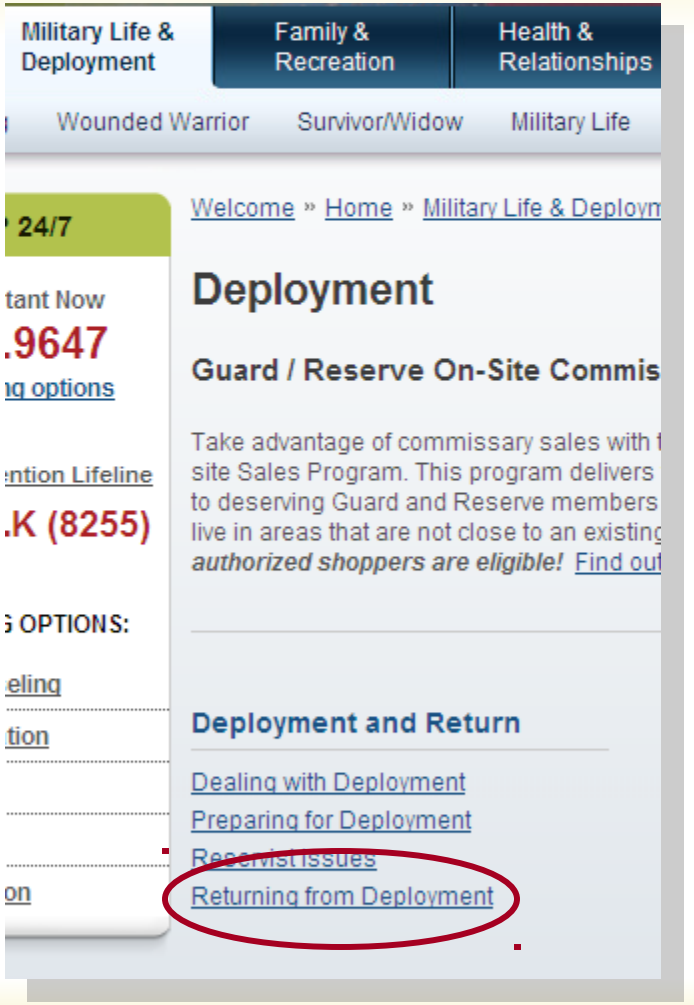
Relationships

Topics

- Reconnecting with friends and family
- Becoming a couple again
- Communicating with children
- Dealing with conflict

Resources

- Podcasts
  - — *Building Strong Families; Communicating as a Family*
  - — *Work, Life, Play*
- Materials
  - — *Returning from Deployment*
  - — *Talking with Children about Work*


Military Life & Deployment
Family & Recreation
Health & Relationships
Wounded Warrior
Survivor/Widow
Military Life
Welcome » Home » Military Life & Deploym
Deployment
Guard / Reserve On-Site Commis
Take advantage of commissary sales with
site Sales Program. This program delivers
to deserving Guard and Reserve members
live in areas that are not close to an existing
authorized shoppers are eligible! Find out
Deployment and Return
Dealing with Deployment
Preparing for Deployment
Reservist Issues
Returning from Deployment

Reintegration

Topics

- Returning to civilian life
- Coping with combat stress
- Understanding compassion fatigue

Resources

- Self assessments
- Materials
  - — *Coping with Compassion Fatigue*
  - — *Coming Home* booklet
- Wounded Warrior Resource Center
- Military benefits information

Counseling Options

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

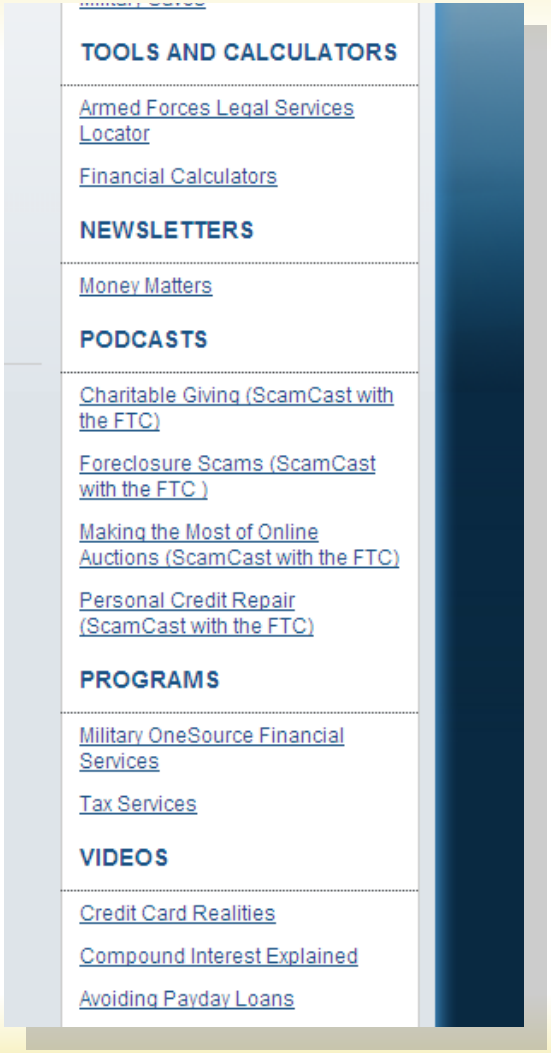
Financial

Topics

- Establishing/updating a budget
- Considering large purchases

Resources

- Financial counseling
- Financial calculators
  - *How long will it take to pay off my loan?*
  - *How much car can I afford?*
- Podcasts
  - *Simplifying your Finances*
  - *Avoiding Payday Loans*
- Materials
  - *Personal Finance for Everyone* CD
  - *Getting Out of Debt* booklet



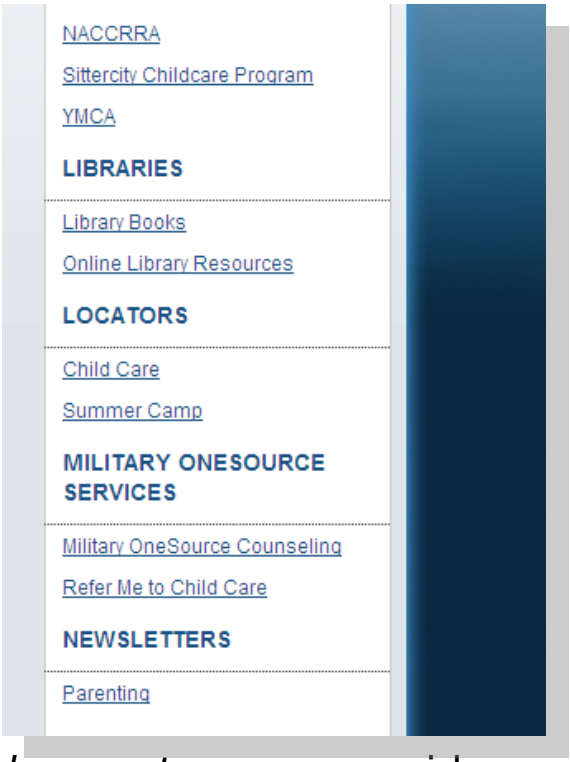
Military Kids

Topics

- Understanding children's reactions
- Balancing the reunion

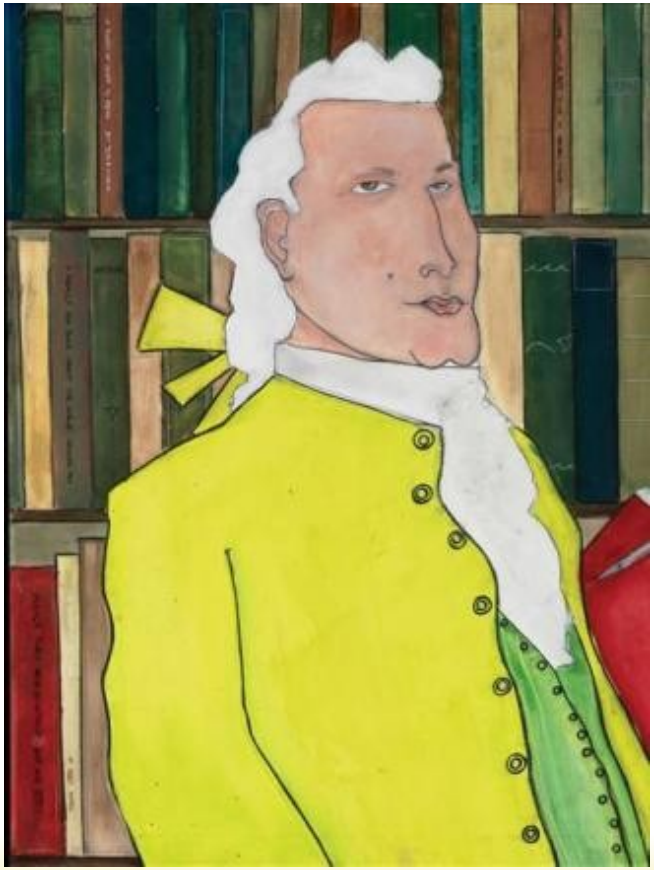
Resources

- Podcasts
  - *Communicating as a Family*
  - *Building Strong Families*
- DoD Library Resources
  - TumbleBooks™
  - Paperbacks
- Materials
  - *Sesame Street Talk, Listen, Connect* DVD kits
  - *Babies, Toddlers, and Coping with Military Deployment* resource guide
- Sittercity®



Online Library Resources

Audio books, e-books, exam prep, resume builder and more!



MORNINGSTAR

eBooks on EBSCOhost

Health Library Evidence-Based Information

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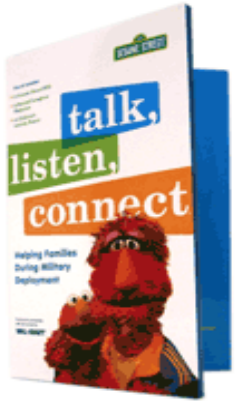

Access

Toll-Free telephone
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